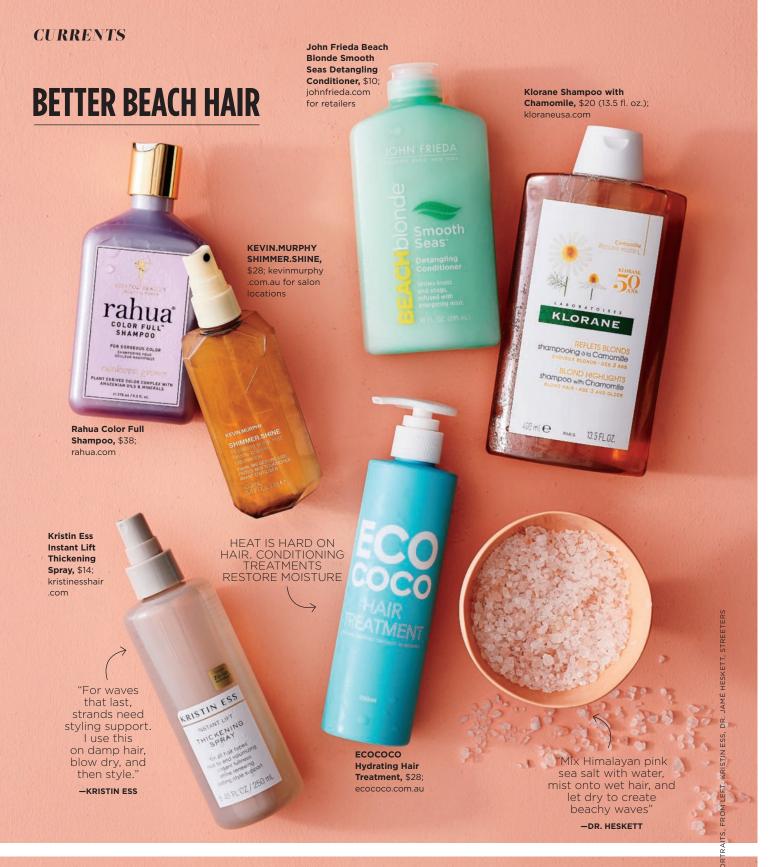
CURRENTS









KRISTIN ESS celebrity hairstylist, colorist, and developer of Kristin Ess hair products @kristin_ess



DR. JAMÉ HESKETT, M.D. physician, global expert on aging and longevity. and author of The Well Path @drheskett



WENDY ROWE international makeup artist for Streeters, artistic consultant for Burberry Beauty, and author of Eat Beautiful @wendyrowe



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DR. JAMÉ HESKETT'S SUN PROTECTION CHECKLIST

1. Apply sunscreen at home, before you put your bathing suit on, to ensure even coverage and no missed spots.

2. Remember the two most often forgotten areas: your feet and scalp (a good excuse to buy a great hat). **3.** Enjoy the beach from under an umbrella—you're exposed to radiation even when wearing sunscreen.

4. Wear a shirt with SPF for extra protection on the water, because the ocean reflects the sun's rays.

5. Pop an ibuprofen as soon as you realize you have a sunburn; it will stop the burn from progressing.

ROBBIE CAPONETTO

